

Tips for Parents of Preschool Children



is for Grapefruit

Produce Tips

- Look for grapefruit that is round, has a thin smooth skin, and feels heavy for its size.
- Avoid grapefruit with brown or soft spots, or with very thick and wrinkled skin.
- Store grapefruit at room temperature up to 1 week. When stored in the refrigerator, it will last up to 8 weeks.
- Grapefruit is an excellent source of vitamin C.

Reference:

<http://www.fruitsandveggiesmatter.gov/month/grapefruit.html>

Nutrition Facts

Serving size: ½ grapefruit, pink & red, California (123g)

Calories 46	Calories from Fat 1	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 12g		4%
Dietary Fiber		0%
Sugars		
Protein 1g		
Vitamin A 6%	Calcium 1%	
Vitamin C 78%	Iron 1%	

Source: www.harvestofthemonth.com

Recipe

SUPER SALAD WITH CITRUS SPLASH

Makes 4 servings, 2 cups per serving

Ingredients:

- 5 cups chopped salad greens (romaine, red or green leaf lettuce, spinach, spring mix, or a combination)
- 1 large orange, peeled and cut into sections
- 1 medium pink or red grapefruit, peeled and cut into sections
- ½ cup chopped red onion
- 1 cup thinly sliced radishes
- ¼ cup sliced almonds
- 2 tablespoons light sesame dressing
- 2 tablespoons 100% orange juice

Preparation:

1. Place salad greens in a large bowl.
2. Add the remaining ingredients to the salad greens.
3. Toss all ingredients together and serve immediately.

Nutrition information per serving:

Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg.

Recipe from:

Network for a Healthy California, http://www.cachampionsforchange.net/en/docs/Lunch/Super_Salad_Toppers.pdf



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

A healthy and balanced diet is essential to maintaining good dental health.

- Protect your child's teeth. Eating the wrong food and not brushing enough can build up plaque, the sticky film of bacteria that covers teeth after eating.
- Offer your children citrus fruits, such as grapefruit. It is a good way to incorporate vitamin C into their diets.
- Rinse their mouths after they eat any food containing acid, such as citrus juice.
- Help your children brush their teeth when they get up in the morning and before bed. Be a good example and let them see you practicing good oral hygiene.

Family Activity

Set aside time for outdoor fun with family.

- Go to the park and shoot baskets, or play soccer.
- Play Bombers: draw a line on the ground. First person rolls a tennis ball close to the line. Second person rolls another ball, to be closer to the line. Everyone takes a turn and the closest ball wins.



University of California
Cooperative Extension in Alameda County
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812 ■ Fax: 510-748-9644
<http://neta.ucdavis.edu>

